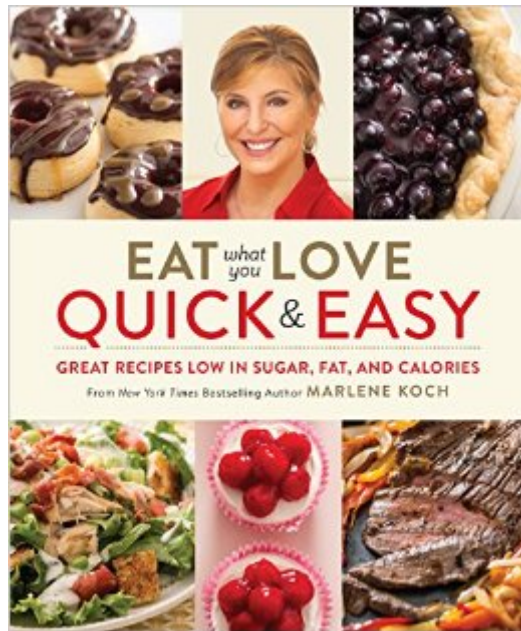


The book was found

Eat What You Love: Quick & Easy: Great Recipes Low In Sugar, Fat, And Calories



Synopsis

Great-tasting, guilt-free favorites in a flash! From creamy No-Bake Cherry-Topped Cheesecake to Cheesy Bacon Chicken, Deep-Dish Skillet Pizza, and 2-Minute Chocolate Cupcakes for One, every speedy crave-worthy recipe in this book is low in sugar, fat, and calories; but you would NEVER know by tasting them! In *Eat What You Love: Quick & Easy*, New York Times bestselling author Marlene Koch proves once again why she's called a Magician in the Kitchen! Readers rave about Marlene's amazing recipes, and in her quickest, easiest collection of recipes ever, she makes eating what you love a snap with flavor-packed favorites like: Crispy Teriyaki Fried Chicken; 10 minutes prep and only 205 calories! Quick-Fix Quesadilla Burgers; 320 calories instead of the usual 1,420! 15-Minute Coconut Cream Candy Bar Pie; 190 calories and 70% less sugar! With more than 180 super-satisfying family-friendly recipes for every meal of the day; this cookbook is perfect for everyone, and every diet! Plus: Every recipe can be made in 30 minutes; or less! Gluten-free recipes, all-natural sweetening, and cooking for two included! Gorgeous full-color photographs throughout! Nutritional information for every recipe with diabetic exchanges, carb choices, and Weight Watcher point comparisons.

Book Information

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Best Sellers Rank: #5,354 in Books (See Top 100 in Books) #7 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #19 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #28 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

UPDATE April 20: Tonight I prepared the Teriyaki Fried Chicken and the 15-Minute Coconut Cream Candy Bar Pie. We really enjoyed eating both recipes and they did not taste like diet food. I did omit the sugar-free ice cream topping for the pie as I didn't have that in my pantry and the pie tasted

wonderful. Author Marlene Koch creates tasty, healthy recipes that are edible. Very edible. I've used her cookbooks to prepare low-sugar, low-fat and calorie reduced meals for the past couple years as I am trying to eat healthier. I also wanted to lose a bit of weight and I've done that too thanks to Koch's cookbooks. What I love most about her newest cookbook: Eat What You Love Quick & Easy is how she's created "kitchen magic" to create tasty recipes I can't wait to try. In fact, I plan on making One-Bowl Mandarin Orange cake for dessert tonight as I have all the ingredients in my pantry. Also, her recipe looks very easy to make and it's almost dinner time. When I get done with this review I plan to go bake up the cake. Other recipes you'll find in her cookbook include: Blueberry Cheesecake Pie Cups Almond Tea Cakes Frosty Peaches and Cream Yogurt Pie 2-Minute Microwave Pumpkin Pie 15-Minute Coconut Cream Candy Bar Pie No-Churn Fruity Frozen Yogurt 2-Minute Chocolate "Cup" Cake for One (a mug cake recipe you prepare in the microwave oven) Apple-licious Green Smoothie Oatmeal Cookie Breakfast Smoothie Thick and Creamy Strawberry Shake 3-Ingredient Chocolate Caramel Biscuit Donuts Cinnamon Swirl Quick Cake Make-Ahead Bacon Cheddar Grab and Go Burritos Cinnamon Chai Oatmeal Pumpkin Pie French Toast Shortcut Spanish Potato Frittata Breakfast Cheesecake!

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